

VOICE OF THE RESIDENTS

VOL. XX, NO. 3

BROADMEAD, COCKEYSVILLE, MD

NOVEMBER 1998

TOP TEN SECRETS REVEALED

Executive Director lists lessons for successful senior living

At the October, 1998, Annual Meeting of the Broadmead Board of Trustees, Rich Compton said that he often told his friends that one of the greatest benefits of his career in continuing care is the opportunity to study the aging process. He continued,

"Everything I need to know about aging gracefully and happily I have learned from you [the Residents]. So tonight I thought I would say *thank you* and tell you what I see as the top 10 lessons for successful senior living.

10. Don't spend too much time in one place!
9. Talk with children often!
8. What you were is not who you are!
7. Memories are better to take with you than money!
6. Smile more often than you sleep!
5. Nature is God's laxative, so use it frequently!
4. Laugh a lot, especially at yourself!
3. Friends are more valuable than furniture.
2. Keep your mind and body flexible!
1. Never give up on life or life will give up on you.

OPEN FORUM

by Nydia Finch

Thursday, November 12 – 7:30 p.m. [note time]

"A Critique of the Election Results"

Speaker: BARRY RASCOVAR

Deputy Editorial Page Editor and
Columnist. *The Sun*

Thursday, November 19 – 10:30 a.m.

"Does Affirmative Action Benefit the Country?"

Speaker: AVIS RANSOM

Business woman: Member of the
Baltimore City Development Commission.
Co-chair, BUILD

Martha Gross forwards these

ACCOLADES FOR BROADMEAD'S TOUCH TOYS GROUP

Occupational Therapy Department of Rosewood sent this delightful composition signed by eight of their therapists . . .

Dear Broadmead Ladies and Gentlemen:

We'd like to take the time to thank you oh so much, For creating such wonderful little gifts with your own special touch.

So many adorable treasures including the six teddy bears, That were followed by a present of a slip for the bean bag chair.

We absolutely loved all the balls that you did bring, From the balls in a circle and in two baskets to the balls on a string.

We all found it very unique, the one personal box, Yet we were all more excited over the forty-nine building blocks.

We believe the pillow person was a very special picking. However, we were overwhelmed by the three fabulous chickens.

The finger puppets had such amazing looks, But beyond that were those ever so magical books.

I desperately wanted one of the 14 fluffy cushions to be mine,

And it was just the same with the wee clothespins on the clothesline.

The twenty pieces of jewelry seemed like so many great deals.

Next we saw the three magnificent hanging mobiles.

The ten cosmetic cases were really true winners, As were those two marvelous wall spinners.

For you to deliver such pretty wall hangings was kind, And those fabulous jigsaw puzzles were such a great find.

All these treasures were so magical and true, So for all your time and effort we'd like to say

Thank You!

BROADMEAD WELCOMES . . .

By Betsy Griffin

CECIL and DONNA (Sublette) SMITH

B-1 410-785-5915 September 1998

Cecil is a Colorado native, Donna from Michigan. He received both Bachelor's and Master's degrees from the University of Colorado at Boulder and while earning a doctorate at Wayne State University in Detroit met Donna, an undergraduate. Cecil spent a 30-year career as a research chemist for the Department of Agriculture in Peoria, Illinois, where their three children were born and raised. Donna learned a degree in early childhood education at Wayne State and taught for 20 years in that field.

The Smiths have a son in New York, a daughter in Philadelphia, and another son in Olney, Maryland. After retirement, Cecil served for twelve years as the Assistant Administrator of the Cancer Research Institute at Arizona State University. They are members of the Gunpowder Friends meeting. They enjoy people in general and hope to participate in gardening, exercise classes, and bridge. We at Broadmead are pleased that they, after visiting ten other East Coast Quaker communities, chose Broadmead.

MARY (Fleming) WILLISON (Mrs. Ralph)

A-6 410-785-3107 August 1998

Mary was born in Ohio and attended the former Women's College of Western Reserve [now Case-Western Reserve University] where she met and married Ralph Wilson, an electrical engineer who was a pioneer in experimental radar technology and electrical precipitation. He later served as project engineer of the Space Division at the Applied Physics Laboratory in suburban Maryland. Mary comes to us from her home of 40 years in Silver Spring, Maryland. She has a son and a grandson in New Jersey and a daughter and a granddaughter in Bel Air, Maryland. She has volunteered as a tutor for a Chinese woman friend. Mary enjoys reading, art, and birds. A recently fractured wrist interferes for the present with activities at Broadmead.

BROADMEAD ON THE MOVE

by Patricia A. I. R. Rodak

Marian Wingard from S-310 to Hallowell Hall

Peg Slusser from J-4 to Hallowell Hall

Marjorie Plitt from M-8 to Hallowell Hall

Ruthanne Baldwin from C-18 to S-107

Moving In:

John and Betsy Geare- P-2 – 410-527-0216

Robert and Valerie Davies – L-15 after 11/4

In Memoriam

E. BECK DORSEY

October 16, 1907 -- September 26, 1998

MALVERN J. GROSS

May 8, 1906 -- October 5, 1998

GEORGE R. SHARPLESS

July 25, 1907 -- October 5, 1998

DOROTHY S. WILSON

April 8, 1923 -- October 8, 1998

VESPERS

ELSA LUNDGREN, *Chairman*

4:30 - 5:00 p.m.

in the Lounge

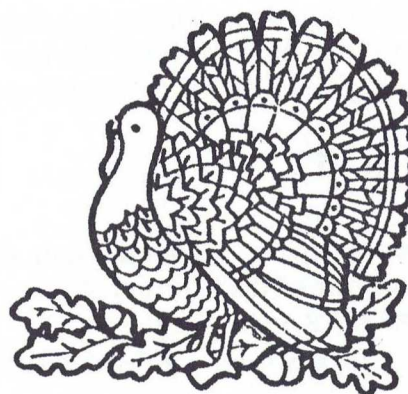
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Sunday, November 15, 1998

The Reverend Victoria Sirota

Vicar, Church of the Holy Nativity

Baltimore, Maryland



NOVEL THEOLOGY SERIES

Get ready with books for Novel Theology 1999

Selected for discussion

January 4:

Invisible Man by Ralph Ellison \$10.20

February 1:

American Pastoral by Philip Roth \$11.90

If you wish to order books, make out a check to Kathaleen V. Kennedy and deposit in Box S-201.

ONLY IN AMERICA

suggested by a Friendly spirit at Foulkeways

Only in America . . .

~ can a pizza get to your house quicker than an ambulance.

~ are there handicap parking places in front of a skating rink

~ do people order double cheeseburgers, a large y, and a diet coke

~ do banks leave both doors open and then chain the pens to the counters

~ do we leave cars worth thousands of dollars in the driveway and place junk in the garage

~ do we use answering machines to screen calls and call waiting so we won't miss a call from someone we don't want to talk to anyway

~ do we buy hot dogs in packages of ten and rolls in packages of eight

~ do we have Braille on drive-up ATM windows

SATURDAY PROGRAM OFFERINGS

By Charles Hobelmann, Chairman

Saturday, November 14 – 7:15 p.m.

MARTIN LARRABEE

Majestic Mountains of Switzerland

Slides

Saturday, November 21 – 7:15 p.m.

BARRY, JAN, & WALT

It's Fun to be Fooled – part 2

Comedy, Magic, and Marionettes

SATURDAY NIGHT AT THE MOVIES

By Frank Hijikata

November 7th

THE APOSTLE - 1997 – 134 minutes

Robert Duvall stars as a charismatic Pentecostal preacher whose earthly passions get the better of him, causing him to lose his wife, children and a Dallas church. On the lam, he repents and baptizes himself as the Apostle E.F. and starts a tiny church in a Louisiana bayou town.

November 28th

THE LUST FOR LIFE - 1956 – 122 minutes

Broadmead residents who are planning to see the Van Gogh exhibit at the National Gallery of Art will especially want to see this movie. Others will want to see it because of its brilliant adaptation of Irving Stone's biography of Van Gogh.

NOVEMBER CONCERT SCHEDULE

Sunday, November 1 – 2:00 p.m.

Trio – MinJung Kang, violin; Nancy Stignitta, flute; Amy Klosterman, piano. All have performed here and were most enjoyed.

Sunday, November 22 – 2:00 p.m.

Classical Guitarist Byeong Woo Lee
1998 First Prize winner, Yale Gordon
Concerto Competition

Sunday, November 29 – 2:00 p.m.

Pianist Vladimir Svoisky
He gave us a wonderful concert and is back by request

Special note: On Saturday, November 7 at 3:00 p.m., there will be a musical (piano) Memorial Service honoring the life of Mal Gross.

It's Autumn – the leaves are red and gold
LET'S DANCE!

Big Bands of Yesteryear in Stereo
Eddie Slaughter, Chair

MONDAY, NOVEMBER 9 AT 7:00 P.M.
IN THE LOUNGE

Come to dance or just to enjoy the music
EVERYONE WELCOME

"THE NOTABLES" TO ENTERTAIN

The Activities Department announces the Broadmead debut of "The Notables," an off-Broadway production organized by seniors and performed by a cast of seniors.

On Tuesday, November 10, at 2:30 p.m. in the Auditorium, enjoy a musical program of wide variety, guaranteed to be a great show—singing, dancing, laughter, all in one afternoon.

MOVIES ON TUESDAYS AT SEVEN

By Thelma Becherer, *Chairman*

11/3 CLARA'S HEART 1988 108 min.

Whoopi Goldberg, as Clara, plays a Jamaican housekeeper for a Maryland couple and their pre-teen son, David. With unshakable dignity and bounteous good humor, Clara gives David the love he needs. "A film rich in humanity, sensitivity, and laughter.

11/10 THE RAINMAKER 1997 137 min.

Danny DeVito, Matt Dawson, Clair Danes, Danny Glover. A young law school graduate tangles with a huge corporation and shoddy law practitioners. The result is a crisis in his own conscience that leads him to face his future with a new perspective.

11/17 MUCH ADO ABOUT NOTHING 1993

111 min. A delightful version of Shakespeare's play. The setting is a lavish Tuscan village during a pleasure-seeking summer of fervent love, misconceptions, and reunions.

11/24 FIDDLER ON THE ROOF 1971 150 min

Topol, Norma Crane, Leonard Frey, Molly Picone. Rousing location-filmed story of an humble village. Topol as Tevye trying to preserve Jewish heritage. Isaac Stern's violin on the sound track.

"MAGIC ME" COMES TO BROADMEAD

by Harriet Ambrose

Magic Me is a service-learning intergenerational middle school program which the Activities Department is offering to Residents in Hallowell and Taylor Halls.

Twenty Ridgely Middle School children will, beginning in November and through the school year, be providing scheduled programs for three consecutive Thursdays at 3:00 p.m. in the Hallowell West Lounge. Additional information may be secured by calling Harriet Ambrose at 410-527-1900, extension 3315.

THE PETS, BLESS 'EM



BAKERS' ALERT

It's time for action! Get out your aprons, dust off
se pots and pans, and get busy in your kitchens.
The Bake Table at the Barn Sale needs *you* to to
make some of your favorite goodies for our Bake
Table at the Sale. Let's fill the shelves and tables
with the very best cheese wafers, brownies,
cookies, muffins, breads, cocktail tid-bits or
whatever your fancy suggests.

Bring your contributions to the lower level
Seminar Room on November 4th (the day before
the Barn Sale) between 10:00 a.m. and 5:30 p.m. If
possible, label the name of your contribution and
specify whether it contains nuts or no nuts.

Many, many thanks!

The Bake Sale Committee

--Peggy Bryan

FALSE FALL FOLLIAGE

Summer lazily lingers
Over Broadmead.
Sunshine slants through
Evening shadows.
Heavy heat hangs over
Limp leaves.
Muted hues huddle on
Each hillside.

Autumn tiptoes tentatively
Into Broadmead.
Fresh frosty nights
Negate arrival.
Shivering sweater days
Delay appearance.
Cacophonies of colors
Creep in cautiously.

Where are the brilliant crimsons, yellows, reds
Of yesteryear?

Barbara W. Hudson

DOC IN A BOX

--John B. De Hoff, M.D.

Health Care Education Subcommittee

PLACEBOS, et cetera

Hardly a profession or trade exists without
words with strange derivations that name struc-
tures or functions. Medicine, Law, and Clergy,
the three classical "learned professions" are
replete with interesting terms.

Placebo, one such word, is the first person
future indicative of the Latin *placere*, "I will
please." Early on, placebo was the first word of
an antiphon in the Roman Catholic service for the
dead, *Placebo Domino in regione vivorum* "I
will please the Lord in the land of the living."
Placebos usually are harmless substances pre-
scribed to satisfy supposed needs of patients for a
tablet or syrup. Placebos entered medical termi-
nology not very long ago, in the XVIII century.

A placebo may also be a substance that seems
identical with a medicine being tested and
intended to hide from both patient and physician
which is the active drug. One researcher used to
name his inert substances "Obecalp" capsules.
Ethics of placebo usage are always debatable.

Our collar-bones are clavicles, long thought to
be derived from the Latin *clavicula*, the dimin-
utive of *clavis* or key. Clavicula, however, is the
twig or tendril by which the vine clings to its
prop. This long, thin clavicle resembles such a
tendril as it connects the *sternum* (breast bone) to
the *scapula* (shoulder blade)

The last two words have Greek origins, scap-
ulae being likened to shovels used for digging
and, when joined with the *humerus* of the upper
arm, were considered to be the shoulder bones.

The ulnar nerve supplies muscles and nerves
as far as the last two fingers and runs close to the
humerus at the elbow. When struck accidentally,
the blow causes tingling to be felt in the little fin-
ger. Thus, a "funny bone".

The forearm bone, *ulna* or elbow, is related to
L.cubitum and to the Roman habit of reclining –
decumbere – on their elbows. And one can see at
the radial aspect of the wrist a small hollow made
when the thumb is fully extended. This is the
anatomical snuffbox (*tabatière anatomique*)

Just under the snuffbox is the navicular, from
the Latin *navis* or small boat, more often called
the scaphoid bone, derived from a Greek *skaphe*
meaning scooped out or a skiff. Navicular frac-
tures are difficult to detect. And schaphoid also
describes many hollows, like the abdomens of
thin or starved persons.

These terms are only a few of those that cause
new medical students troubled nights – and days.

A Thanksgiving Thought

On Thanksgiving as we count our blessings, consider what a city would be like if it were made up of 1,000 people, in the exact ethnic, religious and economic proportions of the world today.

Our city would be quite a different place, indeed.

In our city of 1,000, about 500 wouldn't be having a wonderful family dinner at all: They would be hungry on Thanksgiving. Of those same 1,000 people in our city, 600 would be living through the holiday in their shanty towns. More than that—700—would be illiterate.

Sixty of our citizens, fewer than 20 families, would have many blessings to count, since they would control half the total income of our city.

In our imaginary city, the people of our town would be thanking their creator with many different names. Christians would number 300; Moslems, 175; Buddhists, 140; Hindus, 128; and Animists, 47. There would be 210 people with no religion.

The faces in our city would be extraordinarily diverse. There would be 564 Asians, 210 Europeans, 86 Africans, 80 South Americans and just 60 North Americans.

So on this Thanksgiving, thanks to the calculations of the World Development Forum, we understand just how breathtaking our blessings really are — and how great our fortune, how small our world, how large our responsibility to our Global Village.

VOICE of the RESIDENTS

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Published September through June,
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Harry S. Scott, Jr., *Editor*
Nydia Finch, *Editorial Assistant*

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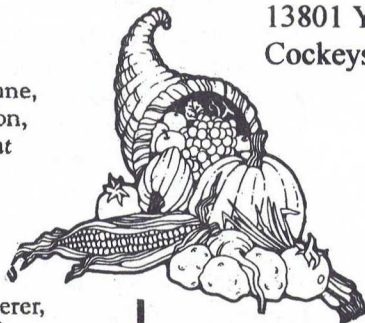
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